

Checklist

14 DAYS BEFORE: Foundations and Logistics

Purpose: Completion of administrative matters and finalization of the plan.

- Formal verification:** Are you sure you've paid the entry fee and are listed in the correct category?
- Game Plan:** Have you chosen one main scenario to start the fight? (No more adding new techniques!)
- Equipment:** Is your starter kimono intact, free of holes, and does it fit (sleeve length requirements)?
- Health:** Are your fingernails and toenails trimmed short? (Start thinking about this now to avoid injuries on race day.)
- Weight:** Is your morning weight stable? If you're more than 2-3 kg overweight, it's time to try a low-fiber diet.

7 DAYS BEFORE: Tapering and Mental Preparation

Purpose: Energy accumulation and calming of the nervous system.

- Workout:** Have you cut back on sparring time in favor of short, dynamic drills?
- Recovery:** Do you go to bed at the same time every night? (Sleep is your most important supplement.)
- Analysis:** Are you familiar with the rules of that federation? (Scoring rules, prohibited techniques).
- Logistics:** Is the car filled up / have you bought a ticket? Do you know exactly how long it takes to get to the arena?
- Purity:** Have the competition and spare kimonos already been washed and are they waiting in a dry place?

THE DAY BEFORE: Wrapping things up

Purpose: Elimination of decision-making.

- Bag (packed last night!):**
 - Kimono + Belt.
 - A spare kimono (or a second rash guard and shorty set).
 - Slippers (required for walking around the hall).
 - Identification document (original!).

- Finger straps.
- A towel and shower gel.
- Provisions:** Czy masz przygotowane lekkostrawne jedzenie i izotonik na jutro?
- Electronics:** Phone charged, power bank in bag.
- Mental:** Have you set your phone to "Do Not Disturb" mode to avoid your friends' questions?

COMPETITION DAY: Carrying out the plan

***Purpose:** Focus on the process.*

- Morning:** A light, tried-and-true breakfast. No experimenting with new coffee or supplements.
- In the hall:** Check your mat and test weight right away.
- Warm-up:** Follow the 30-20-10 protocol. Don't push yourself too hard—just get ready.
- Bullpen (Waiting Room):** Headphones on, box breathing (4-4-4-4). Instead of focusing on your opponents, refocus on your simple plan.
- After the fight:** No matter the result - stay hydrated and jot down a quick note on your phone about how you felt on the mat.

AFTER THE COMPETITION - RESET

- Hydration and a normal meal
- A few minutes of gentle exercise
- No ratings on launch day
- One note: "What worked / What was difficult"

If you don't check something off - that's okay.
Checklists are there to help, not to test you.